

JANUARY GROUP EXERCISE SCHEDULE

Please note: Classes occur pending instructor ability to arrive safely in winter.

Effective beginning JANUARY 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance 8:30-9:30 am Lindsay Group Ex	Aqua Jog 7-8 am Sheryl Indoor Lap Pool	\$ Pilates 9-10 am Susan Group Ex Studio	Aqua Jog 7-8 am Sheryl Lap Pool	Cycling 9-9:45 am Jim Group Ex
\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	Aqua Jog 8-9 am Gail Indoor Lap Pool	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	Aqua Jog 8-9 am Gail Lap Pool	BOQUA 9-10 am Tom Lap Pool
\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Half N Half Yoga 9-10 am Ashley Group Ex Studio	\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	Total Body Strength 9-9:45 am Lindsey Group Ex	\$ Pilates 11 am-Noon Stacy Group Ex Studio
Zumba 10:45-11:45 am Lindsay Group Ex	\$ Aquajoints 9:45-10:45 am Becky Therapy Pool	\$ Power Yoga 11:30 am-12:30 pm Ashley Dance Studio	\$Aquajoints 9:45-10:45 am Becky Therapy Pool	Aqua Jog 1-2 pm Sue Lap Pool
Aqua Jog 1-2 pm Sue Lap Pool	Silver Sneakers Boom 10-10:50 am Jim Group Ex	Aqua Jog 1-2 pm Sue Lap Pool	Dance 10-10:50 am Lindsay Group Ex	\$ Fit Joints Plus 1-2 pm Nikki Therapy Pool
\$ Aqua Mobility 1:45-3 pm Therapy Pool	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	HIIT 5-5:45 pm Kylie Group Ex Studio	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	SATURDAY
Total Body BoxJump 5-5:30 pm Tim Small Gym	Silver Sneakers Classic 11-11:45 am Jim Group Ex	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	\$ Yoga for Energy 10:45-11:45 am Ashley Dance Studio	Total Body BoxJump 9-10 am Tim Small Gym
HIIT 6-6:30 pm Kyle Group Ex Studio	BOQUA 11 am-Noon Tom Indoor Lap Pool	\$ Slow Flow Vinyasa Yoga 6-7 pm Kathy Dance Studio	Silver Sneakers Classic 11-11:45 am Jim Group Ex Studio	BOQUA 9:30-10:30 am Tom Lap Pool
BOQUA 6-7 pm Tom Lap Pool	Butts and Guts 6-6:30 pm Cara Group Ex	\$ AQUATICS PUNCH CARDS Try out the following Aquatics classes. First class is no charge. Aqua Mobility, Aquajoints, Fitjoints Plus Drop-in: \$10/\$5 M Or Save with a <i>Punch Card!</i> 10 punches: \$80/\$40 M	Aqua Zumba 11-11:45 am Lap Pool	\$ Restorative Yoga 9:30-10:30 am Cara Group Ex
Ai Chi 6-7 pm Bonnie Therapy Pool	See this schedule		Muscle Tuf Noon-1 pm Melanie Group Ex Studio	HIIT 10:45-11:15 am Cara Group Ex
\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy Dance Studio			BOQUA 6-7 pm Tom Lap Pool	Stretch Lab 11:15-11:30 am Cara Group Ex
	ALERTS Download the JCC mobile app at JCCindy.org/indy-j-app		\$ Pilates 6-7 pm Stacy Dance Studio	SUNDAY
			Ai Chi 8:30-9:30 am Bonnie Therapy Pool	
			Muscle Tuf 9:30-10:30 am Irina Group Ex	
			Tai Chi for Health 11:30 am-12:30 pm Tracy Dance Studio	

- \$12 drop-in or \$40/month for unlimited access
- Free land-based class
- Aquatics class. For those with a fee, see Punch Cards

**Unlimited
YOGA/PILATES**
 Sign up online at
JCCindy.org/programs
**Just
\$40/mon**

Schedule subject to change. For drop-in classes requiring a fee, stop at the Welcome Desk.